



SENORA SARA.

Orange shortcake made after the following recipe is almost as good as strawberry shortcake, which will soon be in fashion, but very costly at first. Cream a cup of butter with two cups of powdered sugar, add a teaspoonful of cold water, five beaten eggs and enough prepared flour to make a good cake batter. Bake in layer tins. When cold put between the layers whipped cream, into which grated coconut, sweetened, has been stirred, and slices of sweet orange. On top of the cake put a thick layer of sweetened whipped cream, a layer of freshly grated coconut and arrange in a circle on this layer of sweet oranges. Sprinkle all with powdered sugar and serve at once.

"Would some god the little girl see
To see herself as others see us."

A certain famous Chinese nobleman visiting us wrote back to his Government as follows:
"You cannot civilize these Americans. They are beyond redemption. They will go weeks and months without touching a mouthful of rice, but they eat flesh of bullocks and sheep in enormous quantities. Nor do they eat meat cooked in small pieces. It is carried into the room in large chunks, often half raw, and then they cut and slash and tear it apart. They eat with knives and prongs; it makes a civilized being perfectly nervous. One fan himself in the presence of sword swallowers."

"They have no sense of dignity, for they may be found walking with women. They even sit down at the same table with women, and the latter are served first. Yet the women are to be pitied, too. On festive occasions, when Americans call balls, they are dragged around a room to the accompaniment of the most hellish music."

Here is a recipe for Spanish soup that is bound to be good: Soak a pound of white beans in water overnight, then boil them in a saucepan with a little salt, a whole red pepper and some salt. Boil slowly one hour. Heat some drippings in a saucepan and fry in it a sliced onion. Put this into the soup, a little at a time. Stir slowly with a wooden spoon. A little olive butter and a small clove of garlic make this as near as may be like that served in Spain.

Most housewives have their individual and preferred recipes, but sometimes a new one on an old subject is acceptable. This for cabbage salad, for instance, is right good, and has

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itself in
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To Every Woman in America

I Will Give a Full Fifty-Cent Box of Balm of Figs Free
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That I Can Benefit My Suffering Sisters
Here is a chance for all women to get well and strong and enjoy 365 healthy, happy days in every year.

Every woman reader of this magazine will probably ask herself a question like this:

Why does Harriet Richards give a full fifty-cent box of Balm of Figs Compound free to thousands of women that she doesn't know?

I will tell you why.

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My mission is to make sick women well, and I want to send you, your daughter, your sister, your mother, or any ailing friend, a full 50-cent box of Balm of Figs Compound absolutely free. It is a remedy for the treatment of women's ailments, and I want to tell you all about it—just how to use it yourself—right at home without any inconvenience—and the best of it is that it will not in the least interfere with your work or pleasure. Balm of Figs Compound is a remedy that has made sick women well and weak women strong, and I can prove it—let me prove it to you, and I will gladly do it, for I have never heard of anything that has, according to the abundance of testimonials at hand, so quickly and surely cured women's ailments. No internal dosing necessary—it is a local treatment, and it has it to its credit some of the most extraordinary cures on record. Therefore I want to place it in the hands of every woman suffering with any form of Leucorrhea, Painful Periods, Ulceration, Inflammation, Displacement or falling of the Womb, Ovarian or Uterine Tumors, Growths, or any of the weaknesses so common to women, and I will send you

This Fifty-Cent Box of Balm of Figs Compound Absolutely FREE

I will send it to you absolutely free, to prove to you its splendid qualities, and then if you wish to continue further, it will cost you only a few cents a week. I do not believe there is another remedy equal to Balm of Figs Compound and an willing to prove my faith by sending out these 50-cent boxes free. Yes, dear reader, irrespective of your past experience, write to me at once, to-day, and I will send you the treatment entirely free by return mail, and if you so desire, I can readily refer you to many who can personally testify to the great and lasting cures that have resulted from the use of this remedy. But, after all, the very best test of anything is a personal trial of it, and I know a 50-cent box of Balm of Figs Compound will convince you of its merits. Nothing is so convincing as the actual test of the article itself. Will you give Balm of Figs Compound this test? Write to me to-day and remember, if you will simply fill out the attached coupon and return it to me, I will gladly send you a Fifty-cent Box of Balm of Figs Compound absolutely FREE for the asking, or if you prefer to write a letter you can address me in all confidence.

MRS. HARRIET M. RICHARDS
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Note: I will also send you free our book entitled "A Perfect Woman." This book should be in the hands of every woman and will prove of great benefit to all who receive it. I want you to have one. H. M. R.



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Wilson's Common Ear Drums

The only scientific sound conductors. Invisible, comfortable, efficient. They fit in the ear. Doctors recommend them. Thousands testify to their perfection and to benefits derived.

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in entertaining the 150,000 guests expected.

Rochester's advantageous geographical position is well known, and there are a half-dozen trunk lines having a terminal here; the city is accessible from every point. Lake Ontario is no bar, as a mammoth car ferry is operated between this port and Canada, connecting with the Grand Trunk system and railroads of the North. A special reduced rate has already been secured; and the fame of the beauties of the Flower City, coupled with that of a convention city, will attract thousands.

THE DEPARTMENT OF ARKANSAS.

Meeting of the Annual Encampment. Election of Officers.

At the 29th Annual Encampment of the Department of Arkansas at Fort Smith, March 5, 1911, the following comrades were duly elected and designated to fill the offices designated: Department Commander, R. J. Maxson, Gentry; Senior Vice Commander, F. W. Tucker, Little Rock; Junior Vice Commander, J. J. Curry, Fayetteville; Medical Director, Dr. B. Bentley, Little Rock; Chaplain, W. S. Fitch, Little Rock.

Council of Administration—M. Kirt, Little Rock; E. Landon, Ft. Smith; Wm. Greger, Siloam Springs; R. C. Packard, Mansfield; D. R. Ross, Little Rock.

Delegates to the 45th National Encampment.

Mix This for Indigestion

A prominent physician gives the prescription for stomach troubles that is showing such remarkable results all over the country in hospital work and private practice. Its action is different from anything else ever tried. It is said to give an instant relief from belching, sour stomach, dizziness, headaches and nervousness, and if used for sufficient time will cure the most obstinate cases of dyspepsia. "Two ounces essence of Pepsin; three ounces syrup of Ginger; once once Catarrh compound. Mix and take one to two teaspoonfuls after each meal and at bedtime." Catarrh always comes put up in one ounce sealed packages. Any druggist should have it in stock by this time or he will quickly get it from his wholesale house. For best results use the Pepsin and the Ginger, then let stand about an hour before adding the Catarrh. It will be more convenient to get the ingredients from the druggist and mix them at home. Persons afflicted with stomach trouble should get this at once.

"In the Lowlands of Louisiana."

Ray, Andrew M. Sherman delivered an address at the 42d Annual Encampment of the 23d Cong. Aug. 20, 1908, which met with such enthusiastic reception that he had it published in pamphlet form, and which was distributed to the members of the trip by sea to Louisiana and of the fighting on the Red River and other campaigns. He was captured and spent a year in prison. The pamphlet is published by the Howard Publishing Company, Morris-town, N. J.

Honor Comrade Pierce.

Post 90, of Danvers, Mass., turned out in a body to receive Comrade Geo. W. Pierce, of Somerville, Mass., and escort him to the Town Hall, where he lectured on "Old Glory and the Boys in Blue from the nature to the future Comrade Pierce was given an ovation by the audience, and received an invitation to give the Memorial address May 30. Comrade Pierce is in his 76th year.

Need Help.

B. Franklin Ferree, Chaplain of McPherson Post, Pittsburg, Pa., says that in the discharge of his duty in paying visits to the sick and disabled, the prevailing answer is: "Yes, Tommy, my wife is helping me, but she has a boy and children." Another would say: "My girl is doing my housework, but she has clothes and her wages are very small." So it went everywhere. The Government should do something for these people, and do it at once.

In Memory of Comrade Owens.

At a regular meeting of Horace B. Chaffin Post, New York City, resolutions offered by Comrade Thomas J. Crombie were unanimously passed respecting the death of the beloved and loyal comrade, James Owens, and paying a high tribute to him as a man, a citizen and a comrade. A copy of the resolutions was properly engrossed and attested by Comrade Thomas H. Robertson, Commander, and Richard J. Garland, Adjutant, and sent to the family.

Their 25th Anniversary.

C. H. Starkey, 42d St., Artesia, N. M., says that April 7th will be the 25th anniversary of his wedding. He was a little late in getting started, but he got one of the best wives in the world. They have never held an anniversary party, and as they are now located on a quarter-section of desert land, holding it as a homestead, they would be more than glad to hear from any of the old boys of the Fourth Corps in the way of postal cards and letters. Comrade Starkey has just passed his 76th year and his head is white, but he feels just as young as he ever was. He would fall in as quickly at the word of command.

The Killing of Dr. Fairchild.

J. B. Garisch, Gallatin, Mo., wants some one to give an account of the killing of Dr. Fairchild, and his escort of the 4th Kansas Cav. by Starkeyville, backhushers. Only 11 men out of 75 made their escape.

campment—E. W. Smith, Joliet, and William Warren, Ft. Smith, with D. C. Rugg, Hot Springs, and A. A. Whiston, Little Rock, as alternates. The following appointments on the Staff of the Commander are hereby announced: Adjutant, John W. Lane, Siloam Springs; Finance, W. C. Robertson, Siloam Springs; Quartermaster, John W. Lane, Siloam Springs; Chaplain, W. C. Robertson, Siloam Springs; Chief of Staff, A. S. Fowler, Little Rock.

In his first General Order Commander Masson expresses thanks for the honor of election and urges everyone to begin active recruiting to bring the Order up to the numerical strength it should have. Post Commanders are requested to recommend to the Adjutant, who will be appointed special recruiting officers.

A Representative Post.

J. O. Wright, Commander, George C. Randall Post, Woodstock, Va., says that the Post was organized Dec. 28, 1884; has had a total membership of 184, of which number 86 have died, 35 were discharged or transferred, and 63 have been transferred. It has lost 17 by death seven members within nine months, or at the rate of nine per year. Some of the members have been transferred to other posts, some to other countries, and some to other worlds. The Post is a very good one, and it is a very good one to be in.

Incorporating the G. A. R.

Whereas a bill known as a bill to incorporate the Grand Army of the Republic was presented and passed the Senate of the United States. Whereas, if said bill had become a law, the men named in said bill would have become active members of the G. A. R., controlling all laws in connection thereof, and perpetuating themselves and their successors for the time being in control of said association: Therefore be it

Resolved, That the thanks of the G. A. R. be due to Representative Mann, of Illinois, for his services in the matter.

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INFORMATION WANTED.

William F. Cline, Bensenville, Pa., wants information of his son, Wm. Cline, who was last heard from in the State of Washington. He is 50 years of age, six feet tall, and weighs 175 pounds.

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